

MINDFULNESS MEDITATION TRAINING

- 1) Mindfulness based approaches have become a major focus in mental health research for one reason – they work! Learn how meditation has demonstrated major benefits in controlled scientific studies.
- 2) MBSR (Mindfulness Based Stress Reduction) has a 30-year track record of substantially reducing stress, in the process improving the health and wellbeing of patients in statistically significant ways.
- 3) Combine the latest research with a graduate-level mental health text to learn how MBCT (Mindfulness Based Cognitive Therapy) helps to raise patients out of depression into a more peaceful place.
- 4) The practice of mindfulness reduces stress so that the physiology switches from a stress-hormone-dominated state that exacerbates chronic illness and sets the stage for long-term degeneration, to more positive emotions and thoughts that create an environment that allows for the possibility of increased immune function, a more balanced endocrine system, and cellular regeneration of damaged tissue.
- 5) Use mindfulness to help patients make the behavioral changes they need for a healthier lifestyle, directing the sabotaging thoughts that lead to self-destructive behavior towards more healthy choices.
- 6) Learn how to link the practice of meditation to emotionally compelling lifestyle changes so that the patient sees, hears, and feels internally congruent images of success connected to “doing it right”.
- 7) To teach mindfulness, you have to practice mindfulness yourself. While going through an 8-week mindfulness training process structured along the lines of standard mindfulness training programs, you will experience the peaceful benefits of mindfulness for yourself.
- 8) At the end of these 8-weeks you will become certified as a Mindfulness Meditation Trainer. You will have the experience to facilitate individuals and groups in learning mindfulness and practicing it for such purposes as reducing stress and depression.

OUTLINE OF 8-WEEK CERTIFICATION TRAINING PROGRAM

Week 1 Automatic Pilot - Use such techniques as the “bodyscan” to learn how we tend to live life on “automatic” and how mindfulness teaches us how to come back into the present moment, to have “beginner’s mind”.

Week 2 Dealing With Barriers – Learn how to deal with the “monkey mind”, that part of ourselves that causes trouble by chattering away with negative thoughts that keep us stuck in old dysfunctional patterns.

Week 3 Mindfulness Of The Breath - Awareness of the breath within the body forms the basis of the profound peacefulness and objectivity that the practiced meditator experiences even while navigating life’s rocky places.

Week 4 Staying Present - Fine-tune your understanding, learning to widen or narrow your focus of attention, thereby avoiding the automatic thoughts that characterize such dysfunctional patterns as stress and depression.

Week 5 Allowing/Letting Be - Cultivate a “breathing space” to give yourself “somewhere else to stand”, “behind the waterfall” of life’s dramas.

Week 6 Thoughts Are Not Facts - Cognitive therapists know that upsetting thoughts do not tell the truth. Mindfulness is a potent tool to help clients achieve this insight naturally by “stepping back” from habitual thoughts.

Week 7 How Can I Best Take Care of Myself? - Self-care requires an intelligent approach to managing our thought and feeling life. Cultivating mindfulness provides a natural “inner space” where such self-care thrives.

Week 8 Going Beyond Mindfulness With Hypnosis and NLP – This completely experiential class has you check vital signs before and after a one-hour protocol with many component parts experienced in sequence to add the skills of hypnosis and NLP to mindfulness, to reduce physical and mental stress to an absolute minimum.

Your training mp3s are recorded by your instructor, Charles Curtis, who besides studying mindfulness at the scientific level, spent two years in an ashram earlier in life, learning experientially through intensive daily practice how to meditate at a deep level and apply these concepts to the art of living.